THE TACOMA NORTH WEST FACTS

FROM THE VOICE OF THE AFRICAN AMERICAN COMMUNITY

P.O. BOX 5501 TACOMA, WASHINGTON 98415 OFFICE (253) 383-3832 FAX (253) 295-4049 TACOMAFACTS@YAHOO.COM

VOL. 2 NO. 95 44 YEARS OF SERVICE NOVEMBER 22, 2006

Thanking God for All Our Blessings by Helping Others

By Marian Wright Edelman

As I, like so many of you, prepare to return to my hometown to gather with family on Thanksgiving, it is so important to think about all those who have no home to go to, who have no family to gather with, and who do not know where their next meal is going to come from. Child poverty has worsened for the fourth year in a row. The number of people without health insurance, 90 percent of them working every day, who can't get help when they or their children are sick is rising. The number of families working hard every day who are still falling further and further behind as wages erode is increasing. People who have worked hard all their lives and looked forward to retirement find their companies reneging on pension benefits. Thousands of families are being forced into bankruptcy because of an unexpected illness and are running up against a callous new bankruptcy law. In this Thanksgiving season, we need to examine how we can reset our personal and nation's moral compasses to see, hear and respond to all our people, especially the most vulnerable among us – the poor and children who are the poorest age group in America. I hope we will remember the hundreds of thousands of Katrina survivors who remain scattered all across our land far away from their homes in Louisiana and Mississippi, still seeking to reunite with families and still racked by fear and uncertainty about the future. Let us ponder and pray how we can help give them hope and future choices better than their past lives of invisible daily struggle and deprivation if they were poor before Katrina struck. Low wage jobs, unsafe neighborhoods, schools that did not prepare their children for the future, lack of health care and decent housing should be addressed and Katrina's despair turned into a harvest of hope for those left behind.And all of us – rich, middle income and poor, of every color and place – who live in the United States of America, the richest and most powerful nation on earth, need to pray for peace and justice without and within our nation. Let us pray for an end to costly wars in Iraq and Afghanistan that have claimed so many American, Iraqi and Afghani lives – military and civilian alike. Let us pray that enough of our political leaders and citizens will see and lift their voices to combat the spiritual poverty and greed that has engulfed our nation. What kind of nation permits congressional leaders to respond to growing poverty, unmet health care needs, bungled hurricane relief, and a huge national debt with massive $39 billion budget cuts in the Senate and $50 billion in the House in child and family nutrition, health care, child support and child care programs while proposing $70 billion in new cuts for powerful special interests? What must God think of leaders in a rich nation who continue to hurt poor children to pamper the rich and powerful?

So as we gather together this Thanksgiving, let us ask God to forgive and transform our rich nation where small babies die of cold quite legally; where small children suffer from hunger quite legally; where toddlers and school children die from guns sold quite legally; that lets children be the poorest group of citizens quite legally; that lets the rich continue to get more at the expense of the poor quite legally; that thinks security rests in missiles and bombs rather than in mothers and in babies; and for not giving God sufficient thanks by giving to others their daily bread. Help us never to confuse what is quite legal with what is just and right in God's sight. Help us stand up and pray and work together now, and for as long as it takes, to make America just and right for all God's children. And let us begin by demanding justice in our national budget choices this week and year.

Marian Wright Edelman is President and Founder of the Children's Defense Fund and its Action Council whose mission is to Leave No Child Behind and to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start, and a Moral Start in life and successful passage to adulthood with the help of caring families and communities.

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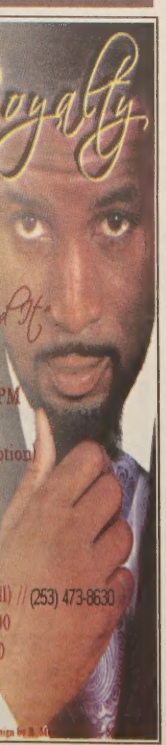

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11-22-06

Nominate Volunteers for City of Destiny Awards

Nomination forms are now available to nominate volunteers for the City of Tacoma 's 21st annual City of Destiny Awards . Nominations will be accepted through Jan. 22. These yearly honors promote the importance of community service and recognize individuals and groups who make outstanding contributions to Tacoma .

"Once again, the City of Tacoma has a wonderful opportunity to publicly thank some of the people who help make Tacoma a great place to live," said Mayor Bill Baarsma. "Our volunteers are an important part of that group."

You can nominate adults in the following categories:

• *Leadership:* Honors the volunteer who provides leadership that inspires others to help meet a need in the community.

• *Sustained Service:* Honors the volunteer who provides dedicated service over an extended period of time to benefit the community.

• *Neighborhood Group or Community Partnership:* Honors the group of volunteers that demonstrates teamwork in a project that benefits the community.

• *Corporation, Business or Entrepreneur:* Honors the corporation, business or entrepreneur instrumental in developing or supporting community or environmental programs. Criteria for this category include programs initiated by management, voluntary participation and involvement of employees in community activities.

• *Employee or Union Group:* Honors employees of businesses, unions, or governmental entities instrumental in developing or supporting community programs. Criteria for category include programs initiated by employees, voluntary participation and involvement of employees in community activities.

You can nominate youth (up to age 18) in the following categories:

• *Leadership:* Honors the young volunteer who provides leadership that inspires others to help meet a need in the community.

• *Service:* Honors the young volunteer who has provided a vital service to others that often goes unnoticed.

• *Youth/Young Adult Group:* Honors the group of young volunteers that has demonstrated extraordinary initiative and originality in creating, designing, organizing or reinvigorating a program or project to respond to community needs and create positive social change.

The City Council will present the City of Destiny Awards to the winners and recognize nominees at a ceremony on Tuesday, May 1, 2007, in the Jason Lee Middle School auditorium.

The nomination period closes Jan. 22. At that time, the Citizens Recognition Committee – members of which are appointed by the City Council – will review the nominations and select the winners.

To obtain a nomination form, call the City's Community Relations Office at (253) 591-5064, or stop by the office, 733 Market St. , Room 11, Monday through Friday, from 8 a.m. to 5 p.m. You can download a copy of the nomination form from the City of Tacoma 's Web site at www.cityoftacoma.org/destinyawards.You can also pick up nomination forms in the City Clerk's Office, Tacoma Municipal Building , 747 Market St. , Room 220.

Safe, Sober, Buckled Up

This holiday season, the roads can be much safer with everyone's help. Mothers Against Drunk Driving (MADD) asks motorists to pledge to drive safe, sober and buckled up by tying a ribbon to their vehicles. The campaign, Tie One On For Safety, is one of MADD's longest-running and most visible and includes a silver commemorative ribbon this year, instead of red, to mark MADD's 25th anniversary.

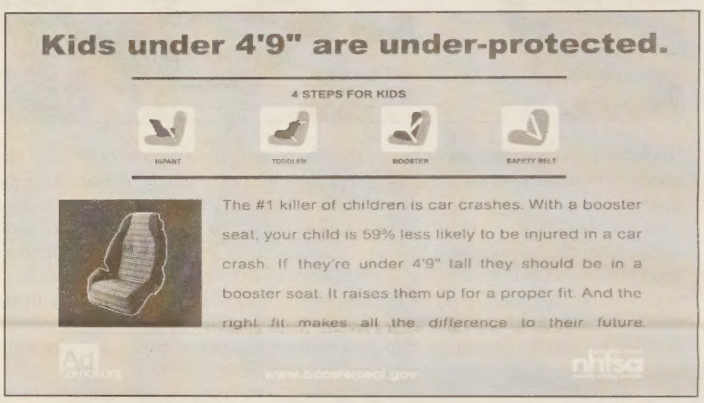
The good news is that alcohol-related deaths Thanksgiving to New Year's dropped from 1,579 in 2003 to 1,316 in 2004. Additionally, year-round seat belt use is now up to 82 percent nationally. Unfortunately, the number of unrestrained and/or alcohol-related traffic deaths increased in 2004 over Thanksgiving to New Year's Eve to 2,237.

Tie One On For Safety helps save lives and prevent injuries and more than six million ribbons are distributed annually.

Takata, the world's largest seat belt manufacturer and national presenting sponsor of Tie One On For Safety, helps MADD bring the message home that seat belts are the best defense against a drunk driver. Takata and MADD are committed to road safety and passage of primary seat belt laws in every state.

Tie One On For Safety, silver commemorative edition ribbons are available at local MADD offices. For more information, visit www.madd.org.

The Tie One On For Safety campaign urges motorists to tie a silver ribbon to their car antenna or other visible location on their vehicle.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3 Tips For Staying Fit.... Even Through The Holidays!

Tis the Season! And it's no secret that we all look forward to the family gatherings and stuffing ourselves to the max, just as we stuffed the turkey and all of the side dishes that come along with it. That's all fine and dandy, but after several such meals during the weeks of the holiday season, it's not uncommon to fill a snugness in our belt line, hips and thighs, that wasn't there beforehand. Plus, you'll probably feel sluggish and experience a lack of energy.

Well, here are some tips on how to thoroughly enjoy the holidays and still hang on to your fitness level. It's okay to back down on your exercise activities (if you must) from time to time… just don't stop completely.

Tip # 1 - Take up walking! Around your neighborhood… 30 minutes at a time!

- *Walk to your hearts content. Since people will be busy bustling about, …..bustle with them. Get to know your neighbors, you never know who you might meet just down the street from you. Remember… walk, don't linger!*
- *Take a walk first thing in the morning before you get busy with your day.*
- *Walk in the evening after dinner*
- *Try a treadmill or exercise bike indoors if the weather is bad*
- *Take your dog for a walk*

Tip # 2 - Drink plenty of water.

- *drink 8 – 12 glasses of water per day*
- *drink a glass before meals, it'll curb some of your appetite!*
- *Drink a glass first thing in the morning and last thing at night … it'll keep you regular (if you know what I mean! Smile!)*
- *Cut back, or do without alcoholic beverages and sugary soft drinks (too much alcohol and too much sugar…. Not good for you!)*

Tip #3 - Eat your veggies!

- *double up on your veggies. Try eating a serving of veggies as an appetizer instead of the usual snack food (or dessert). You'll cut your calorie intake way down!*
- *Vegetables are a great source of fiber and water. Again, it'll keep you regular (if you know what I mean! Smile again!)*
- *Munch on a vegetable platter throughout the day, just go light on (or better yet, without) the dips and dressing. And, forget about the chips and other junk food!*

There you go! Some helpful tips that'll get you through the holidays at least maintaining your fitness level where it's at, and if you want to improve on your fitness level…. Follow the above tips and add in your exercise program, and the pounds and inches will begin to melt away.

Happy Holiday & Seasons Greetings To All! *James Donaldson, Pres.*
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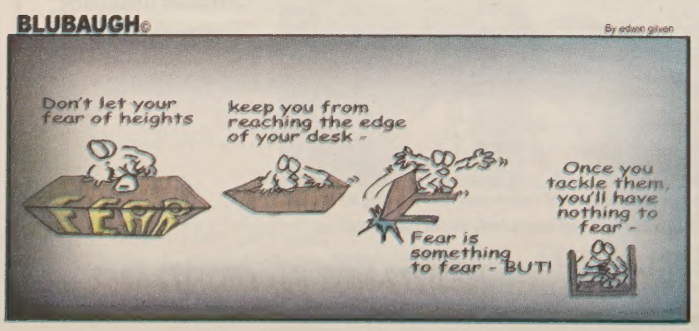
The Holidays are upon us and there is no way around it.

It is time to count ones blessings around the house and at work. Last weekends sports landscape left many thankful for many things. University of Washington Football Coach Tyrone Willingham was thankful for the bites in his dogs, which lead to a 35 t 32, win over rival Washington State.

A roller coaster season that ended with a much needed win left the second year Coach singing praise for his teams never say die attitude, "There's really not a lot for me to say,our kids, our young men just did a heck of a job. A week before we were written for dead and our young men just continued to battle, continued to fight. And even when it got tight they never lost their confidence, never lost their will and just kept battling and battling and were fortunate enough to come out with the win." Battling and battling are the same verbs that Seattle Sonics Head Coach Bob Hill used to describe his teams effort in snapping a three game losing streak against the New Jersey Nets." I really thought that our guys competed today and we did the things needed to win and get back on track "Hill said after his teams 99 to 87 win over the Nets. The Sonics record stands at 5-7 and it's too early to see which way this team will go. Uncertain but optimistic is the only way to describe the mood in Hawk nation. After a lackluster 20 to 14 loss to the San Francisco 49ers, Seahawks Head Coach Mike Holmgren is taking the cup half full approach after revealing that quarterback Matt Hasselbeck, center Robbie Tobeck, wide receiver Bobby Engram and possibly right tackle Sean Locklear will all return for next Monday night's game with the Green Bay Packers at Qwest Field.

"It makes everybody's life easier," Holmgren said. "It doesn't guarantee you of anything, but it certainly is the team you expect to put on the field for the most part. Having said that, injuries are a part of this business, you saw it this weekend. And teams get hit - and sometimes they get hit hard. That's just part of the deal. But if you ask me, do I feel better when they are all there? Absolutely I do."

Feeling good is the only way to describe how University of Washington Men's Basketball Coach Lorenzo Roma is feeling. Romar's Huskies are off to a 4-0 start, ranked 16th in the AP Poll and 13 in the USA Today Coaches poll and saw two of his players, Jon Brockman and Ryan Appleby featured on the cover of the November 16th Sports Illustrated regional cover.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By edwin gilvin
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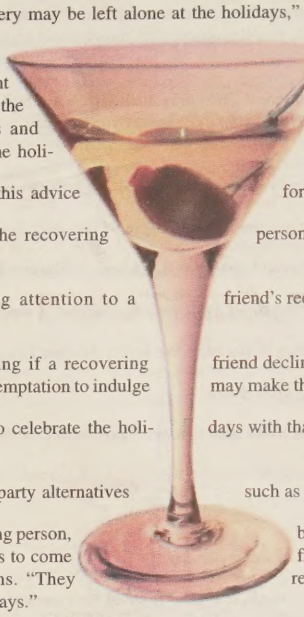
Fear is something to fear - BUT!
Once you tackle them, you'll have nothing to fear -

Helping Friends And Family Stay Sober

Holidays can be stressful for all of us, especially people recovering from drug or alcohol dependence. They face special challenges, including the temptation to indulge at holiday parties, as well as the challenge to rekindle relationships and compassion with family members who may not understand their addiction.



"People in recovery may be left alone at the holidays," explains Dr. Leonardo Lado, an addiction psychiatrist in Miami, FL. "Sometimes their families don't want to see them because they do not understand the disease of addiction." But family members and friends can provide needed support during the holiday season.

Dr. Lado offers this advice for friends and family members:

- Reach out to the recovering person and let them know they are welcome.
- Avoid bringing attention to a friend's recovery or treating them differently.
- Be understanding if a recovering friend declines an invitation to join your party, where the temptation to indulge may make them uncomfortable.
- Instead, offer to celebrate the holidays with that person by meeting for coffee or desserts.
- Provide "safe" party alternatives such as non-alcoholic beverages.

"For the recovering person, being with family is a reminder of the good things to come from getting clean and sober," Dr. Lado explains. "They realize they don't have to get high to enjoy the holidays."

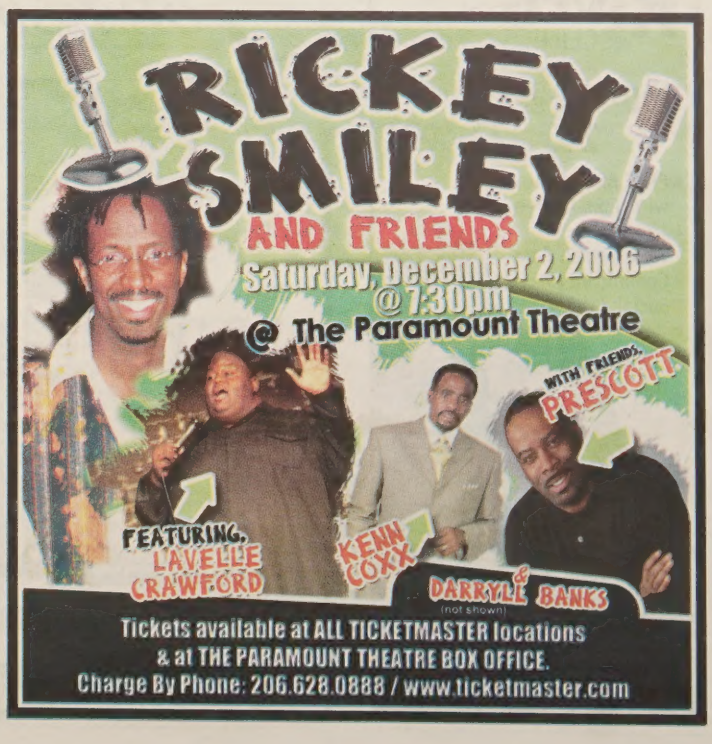
For those whose loved one is still dependent on drugs or alcohol, Dr. Lado offers this advice: "The best holiday gift you can give someone is to encourage them to seek treatment and accompany them to a treatment center." People dependent on drugs or alcohol have new hope due to the development of better treatments for addiction.

Dr. Lado provides innovative new medical treatments for alcohol, cocaine or methamphetamine dependence at The Village South treatment facility in Miami, FL. Called Prometa™, the treatments are designed to address the neurochemical imbalances in the brain that are caused by chronic substance abuse, and which are associated with the craving and compulsion that drives addicts to use.

"Addiction is a brain disease," Dr. Lado explained, "but until recently our medical options for treating the biology of addiction have been limited. New treatments such as Prometa allow us to target some of the underlying medical aspects of the disease." Even with the new treatment, individuals have the best chance of achieving sustained recovery through participation in counseling, group therapy, support groups or similar, ongoing activities that address the behavioral component of addiction. "Importantly, the treatment also includes nutritional supplements and provides that patients enroll in a recovery-oriented continuing care program, making Prometa a comprehensive approach to managing alcohol, cocaine or methamphetamine addiction."

"A great gift is to encourage a friend or a loved one to seek treatment," concluded Dr. Lado. "Realizing there is hope is the first step to getting your life back on track."

Only the treating physician can determine if Prometa is right for any individual. Prometa treatments are provided at substance treatment centers in many locations across the U.S. While the effectiveness of the Prometa treatment protocols has not yet been proven, clinical studies are under way.



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Small Minority Business Gets Boost From Big Corporation

By 2007, minorities will own half of all American businesses, according to the U.S. Census Bureau. Armed with this data, Aflac continues its diversity commitments by providing business opportunities and supporting minority-owned businesses through a variety of corporate programs.

Promoting Minority

Entrepreneurship

The Diversity Development Grant program assists sales agents in expanding their recruiting and sales efforts in emerging markets by encouraging African Americans and Hispanics to start individual sales operations. This grassroots level of marketing strengthens relationships between the company and the community by providing grants to sales entrepreneurs who represent their communities. Since its inception in 2004, 200 new minority agents have generated over $1 million in annualized premiums.

The Columbus, Ga.-based insurer has also been a co-sponsor of the Hispanic Achievement Award for Business Entrepreneurship with Hispanic Magazine. For the past 12 years, this award has recognized successful Hispanic Americans for their professional merits, contributions and dedication to the development of employees, community and business.

Vendor Management Training

Aflac understands the increasing population of minority entrepreneurs and has increased its spending with minority vendors to an impressive $30 million. The Supplier Diversity Program helps minority business development through education and training. The company brings top-rated workshops to the area to further encourage minority procurement opportunities.

Lending Small Business Advice

Aflac recognizes that the small- business owner wears many hats and is especially concerned and likely to be hardest hit by rising health care costs. In May 2006, Aflac commissioned a study to uncover their greatest concerns. Two primary concerns included their ability to provide affordable health insurance coverage for employees (70 percent) and attracting and retaining employees, with nearly two-thirds (63 percent) reporting they are apprehensive about their company's ability to provide a health benefits package.

In response, Aflac created a dedicated Web site for small-business owners, aflacsb.com, that is an online source of information for all entrepreneurs to help streamline business costs and minimize concerns by extending the same services enjoyed by many giant corporations.

For more information, visit aflac.com. Aflac pioneers several mentoring programs to support minority businesses, which constitute a third of the nation's small-business landscape.

SUBCONTRACTOR BIDS REQUESTED

Salishan Hope VI Redevelopment Area 2 & 3 Demolition

Pre-bid meeting: November 27, 2006 / 2:00 p.m.
Walsh (WCC) Salishan Office
1711 E. 46th St. Tacoma, WA 98404
Bid documents are available at WCC's
Salishan Office beginning November 21, 2006

Bid Date: December 20, 2006 @ 2p.m. Bids to be delivered to the WCC Salishan office.

Walsh Construction Co. is an equal opportunity employer and requests sub-bids from minority, women, disadvantaged and emerging small business enterprises

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ADVERTISEMENT FOR BIDS

Sealed bid proposals will be accepted for the following project:

BID NO.: 06/07-002

PROJECT NO.: 2410

TITLE: Mountain View Middle School Additions and Modernization - Phase 2

AGENCY: Bremerton School District 100-C

PROJECT MANAGER: Sharon Griffin, Bremerton School District

SUBMITTAL TIME/DATE/LOCATION: Base Bid: Prior to 3:00 p.m.; Alternate Bids: Prior to 4:00 p.m., Thursday, November 30, 2006, Bremerton School District 100-C/Administrative Building, 134 North Marion Avenue, Bremerton, Washington 98312. Public bid opening will commence at approximately 4:05 p.m. at the same location.

PROJECT SCOPE: The project consists of a two-story addition to the existing middle school. The addition is a CMU and steel frame structure with metal framing and CMU veneer. Roofing material will be asphalt shingles with some low slope modified bitumen areas. The site pad was previously prepared in Phase I. The estimated construction cost is $10,000,000.

PRE-BID WALK-THROUGH: Wednesday, November 16, 2006, 10:00 a.m. Meet at the main entry to Mountain View Middle School, 2400 Perry Avenue, Bremerton, WA 98312.

Bidders may obtain a maximum of two (2) sets of drawings and specifications from Reprographics Northwest, 632, Broadway, Tacoma, WA, Phone: (253) 383-6363, Fax: (253) 272-4064, www.repronw.com .

Plans may be viewed at the following locations: Associated Sub-Contractors, Tacoma; Builders Exchange of Washington, Everett; Construction Data Plan Center, Bellevue; McGraw Hill Plan Center, Seattle; McGraw Hill Plan Center, Tacoma; Reed Construction Data (CMD); Olympic Peninsula Plan Center, Bremerton; Valley Plan Center, Kent.

Plans, specifications, addenda, and bidders list for this project are available free of charge on-line through Builders Exchange of Washington, Inc., at http://www.bxwa.com. Click on: "bxwa.com"; "Posted Projects"; "Public Works", "Name of Agency" and "Projects Bidding".

(Note: Bidders are encouraged to "Register as a Bidder" in order to receive automatic e-mail notification of addenda and to be placed on the "Bidders List". This service is provided free of charge to Prime Bidders, Subcontractors and Vendors bidding this project. Contact Builders Exchange of Washington at (425) 258-1303, should you require further assistance.

Bid documents may also be viewed and ordered on the Reprographics Northwest web site at www.repronw.com/Planwell/ Washington/Public Plan Room.

Please direct questions regarding this project to Kit Burns, AIA, Project Architect, BLRB Architects, P.S., 1145 Broadway Plaza, Suite 1200, Tacoma, WA 98402-3519, (253) 627-5599, fax (253) 572-5167, in accordance with the Instructions to Bidders, upon depositing the sum of $150.00 payable to the Bremerton School District for each set of documents. The full amount of the bid deposit for two sets will be refunded to actual contract bidders on return of the drawings and specifications in good condition, to the Owner within ten (10) days of bid opening.

The Bremerton School District reserves the right to reject any and all bids and to waive any irregularities or informalities. The right is reserved by the Bremerton District to postpone contract award for the period of thirty (30) days after the bid opening. The Bremerton School District is an Equal Opportunity Employer. No bidder may withdraw the bid after the hour set for the opening thereof, or before award of contract, unless said award is delayed for a period exceeding thirty (30) days.

THE TACOMA FACTS NEWSPAPER SERVICE GUIDE

Automotive Services

Downtown Auto Detailer
1001 East 26th St. Tacoma, Wa.
(253) 475-4240

Architecture Services

Gittens Architects
1110 South 11th St. Tacoma, Wa. 98405
(253) 759-1621

Bail Bond Services

CJ Johnson Bail Bonds
620 S. 11th Tacoma, Wa.
(253) 272-1208

Barber & Beauty

A Cut Above Barbershop
9808 59th Ave. SW Lakewood, Wa
(253) 589-8851

Artistic Image
11218 Bridgeport Way SW Tacoma, WA
(253) 584-3998

A&M Beauty Salon
6209 Mt. Tacoma Dr. SW Lakewood, Wa. 98499
(253) 582-4301

Central Tacoma Cuts Barber & Beauty Salon
2151 MLK Jr. Way, Tacoma, WA 98405
(253) 272-0660

Classy & Sassy Braids & Beyond
11011 Occident St Sw , Tacoma, WA 98499
(253) 589-6668

Extraordinary Hair Designer
8012 S. Tacoma Way , Lakwood, WA 98499
(253) 588-5867

Good Fellas Barber Shop
1001 So. 11th St., Tacoma, WA 98405
(253) 573-1822

Designs By Faith Hair Salon
3715 Bridgeport Way, Suite D University Place, WA
(253) 460-1892

Professional Barbers
29500 Pacific Hwy. So. Suite K Federal Way 98003
(253) 941-3271

Beauty Time Beauty Supply
1112 Martin Luther King Jr. Way, Tacoma WA 98405
(253) 779-0908

Yuseph's Legends Barbershop
4104 S. M St., Tacoma, WA 98408
(253) 476-1308

O.J. African Master Braiding
10307 Bridgeport Way S.W. Ste C.. Lakewood, WA
(253) 584-9502

New Attitude Hair Salon
6126 Motor Ave. Lakewood, WA
(253) 588-9512

G&J Hair
14520 Union Ave. SW Tillicum, WA
(253) 582-0393

Studio 253 Hair Salon
3913 S. Yakima Tacoma, Wa 98418
(253) 475-4208

Sam & Terry Barber Shop
1705 Martin Luther King Jr. Way, Tacoma WA 98405
(253) 573-1459

Shea's Beauty & Barbershop
14902 Union Ave. SW. Tillicum, WA
(253) 589-2988

Stylze Hare Care
4704 S. Oakes #110 Tacoma, WA
(253) 476-2294

Jus Cuttin' Up
5510 Orchard St, University Pl., WA
(253) 475-4036

J Kinlow Hair and Body Lab
4502 S. Steele St. Tacoma, WA 98409 (Inside Tacoma Mall)
(253) 473-8630

Books

Know Thy Self African Book Center
1314 Martin Luther King Way Tacoma, WA
(253) 572-8186

Clothing

B & B Millenary (Hat)
sistersofhope@hotmail.com
(253) 572-2683

Airbrush Art By Tretch
Located Inside The B&I - 8012 S. Tacoma Way
(206) 579-6196

Head 2 Toe Fashions
5514 Pacific Ave Tacoma, WA
(253) 473-1816

Mr. Mac Clothing, Hats & Shoes
1210 Martin Luther King Way Tacoma, WA
(253) 383-2737

Letto's Clothing & Hair Braiding
4106 S. M St. Tacoma. WA
(253) 475-5495

Cosmetics &Body Art

All American Custom Tattoos & Body Piercing
15201 Union Ave Tillicum
(253) 583-TAT2

Nail Center Complete Nails & Waxing Care
5510 Orchard St. W. B-5 University Place, WA
(253) 476-2765

Jenet's Beauty Bar
Tacoma Mall - 4502 S. Steele St. Tacoma
(253) 671-8879

Construction

Goins Construction Co.
1310 Martin Luther King Way Tacoma
(253) 572-9600

Dumping

DAPS
Dumping & Clean Outs
(206) 853-4001

Grocery

Insurance

Brooke Insurance
3853 108th St. SW Lakewood, Wa 98499
(253) 582-5451 www.BrookeAgency.com/kem

Lawn Care

Music

ARS Records
Tacoma Mall - Next to Foot Action
(253) 671-2673

Physicians & Clinics

Donaldson Fitness & Physiacl Therapy
1004 Martin Luther King Way Tacoma WA
(253) 272-7277

Printing & Copying

The Tacoma Facts Newspaper
1108 Martin Luther King Way Tacoma, WA
(253) 383-3832

Real Estate

Countrywide Home Loans
Call Patrick Ligon - Loan Consultant / Lakewood Branch
(253) 219-1380 Fax (253) 912-4336

Restaurants & Lounges

Bob's Bar-B-Que
911 S. 11th St. Tacoma Wa.
(253) 627-4899

The Fish House Cafe
1814 Martin Luther King Way Tacoma, WA
(253) 383-7144

Southern Touch Cafe
5502 Orchard ST. W. University PL. WA
(253) 473-6964

Training Service

Global Outreach Distribution Institute
Import / Export Training
6002 McKinley Ave. East Tacoma, WA 98404
(253) 761-2400 (253) 761-9566

Feeding the less fortunate families in our community for Free.

It's always been a tradition for those of some fortune to give back to the community during the holiday season. This year will be no different. On Thanksgiving Day, the members of Daniel "Chappie" James Lodge # 72 will open our doors to feed the less fortunate families in our community for free. We are also looking to share our families with single soldiers and those away from their own families. It's just something we feel we have to do.

If you know a family away from home that may be falling on hard times or not, tell them about this event. We have plenty of food donated by member, local business people, and individuals who just want to give back. If you'd like to come down and help serve, clean, or just spend time talking to people, feel free to do so.

Thanks to Sis. Martha Davis and the Toy Rescue Mission in Tacoma, we will be giving away some Teddy Bears to the youth during dinner. We want our community to know that the Prince Hall Masons of Daniel "Chappie" James Lodge # 72 of the MWPHGL of Washington & Jurisdiction, care about this community and the people who live in it.

If you can't come by, say a small prayer for us that we have enough food to feed the masses and enough masses to eat all the food we have.

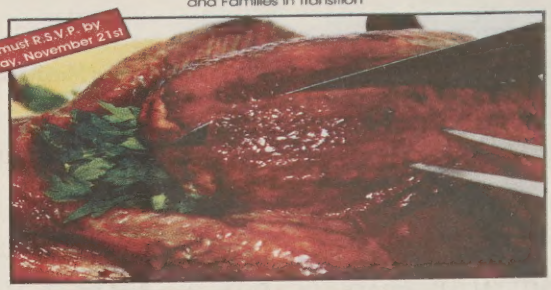
Happy Thanksgiving to each of you.

Mark Martin's Djembe SOUL
Pronounced Jumbay
...a fine Southern restaurant with a Touch of Africa
Presents...

"Calling the Community Through the Gift of Giving"

FREE Thanksgiving Dinner for Homeless Families and Families in Transition

You must R.S.V.P. by Tuesday, November 21st



Thanksgiving Day
Thursday, November 23, 2006 • 12:00noon - 2:00pm

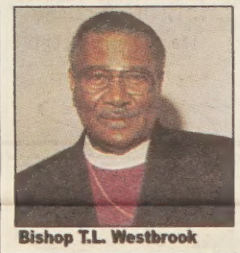
DjembeSOUL Restaurant
1126 Commerce St. • Tacoma, WA 98402
Tel. (253) 284-2453

Seating Limited to First 50 People • You must R.S.V.P. by Tuesday, November 21st

PRAISE PAGE CHURCH DIRECTORY

New Jerusalem Church Of God In Christ

" The Church in the heart of the city, with the city at heart."



Bishop T.L. Westbrook

Founded September 1957 by Bishop T.L. Westbrook

1623 South 11th St. Tacoma, WA. 98405 (253)572-6785 fax (253)572-1752

Early Morning Worship	@ 8:00am
Sunday School	@ 9:30am
Morning Worship	@11:00am
Evening Worship	@7:00pm

New Members	(Tuesday)	@ 7:00pm
Family Activities Night	(Wednesday)	@ 7:00pm
Pastoral Teaching / Preaching	(Friday)	@ 7:00am

Touch Ministries

" Touching the Lives of People Through Christ "

Pastors Joseph & Yvonne Rowell

Sunday Worship Service 11:00am

11216 18th Ave S. Tacoma,WA 98499 - Miramont Apt. Welcome Center -

~ 2 LOCATIONS TO SERVE HIS WORD ~

Sunday Night Service	6:00pm
Tuesday Bible Study	7:00pm
11204 So. Park Avenue	Tacoma,WA 98444

Mailing Address : P.O.Box 45495 Tacoma, WA 98445 (253)227-7937

Shiloh Baptist Church

" May God Bless You Real, Real Good "

1211 South I Street Tacoma, WA. 98405

(253)272-4949 Fax: (253)272-0750 Email : sbc1953@aol.com

Gregory Christopher, D.Min., Pastor

Early Service 8:00 a.m.
Church School 9:30 a.m.
Morning Service 11:00 a.m.
Children age 3-11 & Youth Church age 12-18
High Noon Service 12:00 p.m. (Wed. Only)
Bible Study (All Ages) & Worship Service (6:00 p.m.)
AWANA CLUB (Every Friday) 6:30 - 8:30 p.m. (3 - 11)
Youth Late Night (2nd & 4th Friday)

Allen African Methodist Episcopal Church of Tacoma

Rev. Warren G. Freeman, Jr., Senior Pastor

1223 Martin Luther King Jr. Way Tacoma, WA. 98405

(253) 627-6855 Fax (253) 627-8206

Worship Celebrations
Sunday 8:00 A.M. Early Worship
9:30 A.M. Sunday Church School
11:00A.M. Worship Service
Childcare Available during 11:00 Worship
Wednesday Bible Study 6:00 P.M.
Youth Bible Study "Glory" 2nd and 4th Sunday's 2:30 P.M

Visit us on the Web @ www.allename.org

Tacoma's First African American Baptist Church
Equipping Saints to Win Souls to Christ

Bethlehem Baptist Church

B B C

Children's Church
Youth Ministry
Deacons' Ministry
Deaconess Ministry
Trustee Ministry
Laymen-Brotherhood
Praise Dancers Ministry
Women's Ministry
Ushers' Ministry
Music Ministry
Boy Scouts Ministry
Food Bank Ministry
Clothes Closet Ministry
Board of Christian Education
Knowledge College Daycare

Family Life Center Ministries

SUNDAY
Church School: 9:30 a.m.
Worship Services:
8:15 & 10:45

MID-WEEK SERVICES
Wednesday Bible Study
12:00 Noon & 6:30 p.m.
Prayer Meeting: 7:30 p.m.

Rev. Dr. Freeman S. Rhoades, Pastor
Sis. Anna Rhoades, First Lady

VISIT US AT:
4818 Portland Avenue
Tacoma, Washington 98404
(253) 472-1147

www.bethlehemtacoma.org

NEW COVENANT PENTECOSTAL TABERNACLE

Sunday	Prayer	8:00am
Sunday	School	9:15am
Sunday	Morning Worship	11:00am

Feeding Program Outreach 6:00 - 6:30pm Monday - Friday

Wed:	7:00pm	-	Midweek Service
Mon:	6:00pm	-	Weekly Prayer Night
Fri:	7:30pm	-	Youth Service Night

2156 MARTIN LUTHER KING JR. WAY TACOMA, WA 98405 (253)383-1115

SureHouse Open Bible Church

Christ Centered, High Spirited, Always Loving, Relative Word Ministry

Pastors Gary & Cheryl Wyatt

901 S. 10t. .reet Tacoma, WA. 98405

253-383-5821 (for van service)

Sunday Morning Bible Reading	@ 9:30am
Sunday Morning Worship	@11:00am
Tuesday Evening Bible Reading	@7:00pm
Thursday Evening Bible Reading	@7:00pm

Visit us on the Web @ www.surehouselive.com & www.garylwyatt.com

Ministry - *An on going service to God and people.*

Ministry can be anything from working in the church nursery, volunteering at a homeless shelter or cleaning the pews to teach Sunday School, leading a Bible study or planting churches overseas.

Get on board!

Join the praise page. Let Pierce County know where they can get *Spiritually Connected!*

Include your church in the Church Directory , *Call For More Info (253) 383-3832*